

Te Marae Ora (TMO) wishes to provide an update on the ongoing dengue situation currently affecting Rarotonga.

- **168 cases have been recorded since Feb 2025**
- **10 currently active** as of 12pm today
- **158 have fully recovered.**

What the public can do to reduce the spread of dengue?

- **Use mosquito repellents:** Apply insect repellent on exposed skin and wear long sleeves and pants, especially during dawn and dusk.
- **Use mosquito nets/window screens and plug in mosquito repellent:** Especially at night in your accommodation.
- **Seek medical attention early:** If you experience symptoms consistent with dengue.
- **Isolate:** if you have tested positive for dengue.

What are the symptoms?

Dengue is a mosquito-borne viral illness. Symptoms can include high fever, severe headaches, muscle and joint pain, rash, and in some cases, bleeding. While most cases resolve without complications, severe dengue can require immediate medical attention. Most reported cases in Rarotonga have been mild.

What is TMO doing to reduce the spread of dengue?

TMO continues to manage the current dengue situation effectively with:

- **Vector control measures**
 - For all identified cases, peri focal and block spraying is carried out around their household.
 - Community wide cleaning measures is also occurring such as slashing and clearing of streams.
- **Public awareness campaigns,** focusing on eliminating mosquito breeding sites and recognising dengue symptoms early.
- **Enhanced surveillance,** with daily case monitoring and timely laboratory confirmation.

TMO continues to monitor and manage the situation to prevent further spread. Dengue can be prevented through community effort and awareness. **Support from the public is crucial.**

If you or a family member suspect they have dengue, seek medical advice immediately. For more details, please contact:

- **Public Health Office:** +682 29110
- **Tupapa Primary Health Care:** +682 20065 or +682 20066
- **Rarotonga Hospital:** +682 22664 (after hours)
- **Email:** tmo.helpdesk@cookislands.gov.ck

Stay informed. Stay safe.

Next Update will be October 10th 2025

ENDS